

The REACH Coalition, Diabetes, and You

If you are not as healthy as you would like to be, you're in good company. The number of people in the United States who live with diabetes is rising, especially among diverse communities.

Living with diabetes means you must create a new healthy lifestyle. Every day brings feelings and challenges that you must learn to manage. The good news is, you don't have to do it alone.

The **REACH** Coalition wants you to succeed in living a full and active life. If you have diabetes, think you might, or know someone who does, we want you to know that there is a community you can turn to for help.

By calling one of the **REACH** participating agency numbers on the back of this brochure, you may become part of a team that can help you.



REACH Participating Agencies

The staff at any of these agencies can put you or a loved one on track for good diabetes control.

African American Community:

Center for MultiCultural Health

(206) 461-6910, ext. 218; cmch@cschc.org

Country Doctor Community Health Centers at

Carolyn Downs Family Medical Center

(206) 299-1900, ext. 432

African American Community Health Network

(206) 860-9883 / (206) 977-1551

Hispanic/Latino Community:

Sea Mar Community Health Centers

(206) 764-4700; reachseamar@hotmail.com

Asian American/Pacific Islander American

Community:

International Community Health Services

(206) 461-3617, ext. 3111; (206) 461-3235

Case Coordination:

Community Diabetes Initiative

(206) 324-9360, ext. 1142

Aging and Disability Services

(206) 684-0706

Harborview Medical Center

(206) 731-2876

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Diabetes Care & Prevention

www.metrokc.gov/health/REACH

What is REACH?

REACH stands for Racial and Ethnic Approaches to Community Health. We work together to eliminate diabetes-related health disparities. We work within the African American, Asian American/Pacific Islander American, and Hispanic/Latino communities in King County.

Mission Statement

*The mission of the **REACH** Coalition is to reduce diabetes health disparities experienced by communities of color. Through strong partnerships, we will support the empowerment of individuals, families, and communities, and create sustainable long-term approaches to prevention and control of diabetes utilizing all appropriate community resources in King County.*



Are You At Risk?

Many people have diabetes and don't know it. As they get older and less active, they may put on weight and/or develop high blood pressure. If you can answer "yes" to any of these questions, you may have a higher risk of developing diabetes:

- ❖ Does your family have a history of diabetes?
- ❖ Is your blood pressure at or above 130/85?
- ❖ Are you African American, Hispanic/Latino, Asian American, or Pacific Islander?
- ❖ Did you have diabetes during pregnancy?
- ❖ Did you have a baby weighing more than 9 pounds at birth?

Signs of Diabetes

If you have diabetes, you may notice changes in how you feel. Do you have any of the symptoms on this list? If so, call your health care provider right away.

- ❖ Increased thirst
- ❖ Frequent urination
- ❖ Often tired
- ❖ Blurred vision
- ❖ Tingling or numbness in hands or feet
- ❖ Sores that don't heal
- ❖ Increased hunger
- ❖ Unexplained weight loss
- ❖ Sexual problems
- ❖ Vaginal infections

Remember, the sooner you know if you have diabetes, the sooner you can learn to control it. If not treated, diabetes can cause lasting damage to your eyes, liver, kidneys, heart, and feet.



REACH Offers:

- ❖ Education classes
- ❖ Self-management classes
- ❖ Support Groups
- ❖ Case Coordination

These Activities Can Help You:

- ❖ Control your diabetes
- ❖ Improve your diet
- ❖ Learn how to shop for food
- ❖ Learn how to stay healthy
- ❖ Get support from those close to you
- ❖ Be part of a group that shares your feelings and experiences
- ❖ Improve your diabetes care through your health care provider